



April, 1950

The By-Line

A Hudak
Philadelphia



State Hospital

The

By-Line

Volume 1

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Number 5

Editorial

The opening of Active Therapy Building N-3, provides an almost revolutionary step in the otherwise slow but consistent progress towards providing modern care and treatment at the Philadelphia State Hospital. The word revolutionary is used advisedly. Along with other hospitals of its kind, ours has been a custodial institution almost all its life. The mentally ill, as soon as recognized, were sent to such institutions not primarily for treatment and cure but to be "put away" so that society would not be annoyed by their "strange" behavior. Occasionally even the immediate family shared in this attitude.

With the accent on treatment and rehabilitation provided by the facilities of this new building, we will now be better able to break away from the traditional idea of mere custodial care, that is, simply housing and feeding. At last we can inaugurate a determined program that will emphasize prevention and cure, or at least amelioration, endeavoring to return as many as possible to productive and happy lives in the community.

To paraphrase a popular adage, "Bricks and mortar do not a hospital make." The lack even of enough bricks and mortar to properly house our patients has interfered for many years with any efforts directed towards treatment at this institution. Over-crowding, even at the moment, is greater than at any other hospital in the Commonwealth. Therefore, the need first of bricks and mortar. When housing is provided we can then direct our efforts towards developing a trained corps of personnel imbued with the idea of treating and curing and not merely acting as guards or custodial officers. In many respects this second step is more difficult, if possible, than the first of providing mere physical facilities.

The Active Therapy Building therefore

becomes a stone monument to our revolutionary change of thinking from custody to rehabilitation and cure. It represents in a concrete form, modern progress and advancement in the care of the mentally ill from the days of the asylum to the present day hospital with all its implications for active and progressive medical treatment.

Eugene L. Sielke, M.D.



Byberry--Old But New

I believe that if the former builders of Byberry were to visit it today, they could scarcely find any of their original work, because we're being made over in quite a modern way. The already renovated buildings are so new, fresh and nice to look at, it's pleasure to live in them. N-3, the newly finished Active Therapy building, is complete with equipment for treatment in various types of Therapy. Dr. Potkonski will be Director of N-3. We wish him good luck.

Another building N-9 still in erection back of N-7, will be for over-active patients. These over-active patients will be living in the midst of all kind of newness and nicety on N-9 also. Within the past decade, so much has been added to and changed about in Byberry, that it's becoming an almost entirely made-over place.

I have heard comments from visitors on the hotel-like appearance of N-6 and N-7 and that it must be pleasant to live in these buildings. It is, if we mind our manners and act decently toward those about us.

All of us who are patients, should be thankful that our living quarters are being made, not only more comfortable, but larger. Let's hope that whoever is to live in these new buildings, whether male or female, will be happy and glad to keep them clean.

Agnes Lynch--Building 12

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Did You Know?

The hospital feeds approximately 20,000 meals a day, at an average of \$.16 a meal.

There are 4 patient kitchens, one new, two remodeled and one to be remodeled.

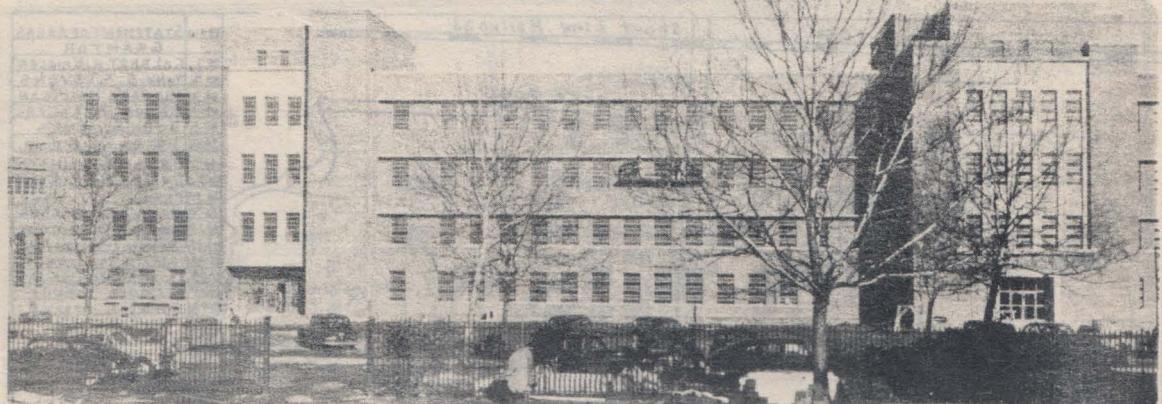
Cafeterias, dining-rooms and tray services are used depending on the type patient.

"Life Can Be Beautiful"

Every day we go about performing our various duties, seldom giving the time or thought as to how landscape compares with mankind. Let us just think for a short time how near needs of both compare. First of all they both signify life and so both strive to live and each have their necessities for living. We all know that the first and most dependent need of every new life born into this world is a mother, and so our landscape, in order to be a thing of beauty and a joy forever, must have the farmer to love and care for it. As the mother must select and provide proper foods, at the proper time and in proper proportions, so landscape must have someone to properly fertilize and feed it to insure proper growth and the greatest amount of beauty. Both must have air, sunshine and water, and are dependent upon the supreme power for these three vital needs. From the start, man requires medical and nursing care and our landscape, in a sense of the word has the same needs, in the form of soil preparation, cultivation, spraying, pruning and mowing. In order to keep well and thrive, man must have heat and shelter and so plant life, which makes for a beautiful landscape, must be studied and given the proper protection, that it may be kept well and thrifty. Man requires clothing, both for comfort and appearance, each piece of clothing playing its particular part. Each plant also plays its part in adding comfort and appearance to our grounds, the trees and shrubs lend a cool, comfortable appearance and the flowers add to the beauty.

Assuming that we are all interested in human life and would not intentionally hurt, scar, mutilate or destroy these creations, let us all value life as displayed in our beautiful and costly landscape here at the hospital, refraining from making paths driving cars, trucks, etc. on the lawns, de
(continued on page 6, column 1) A edT

ACTIVE THERAPY BUILDING



The dedicatory exercises which mark the opening and operation of the Active Therapy Building, designated N-3, is another milestone in the progress of the Philadelphia State Hospital. This building was primarily designed to offer to the patients of this hospital the best facilities available for modern psychiatric treatment. In addition, the building will provide other facilities for all types of laboratory procedures which will aid in the diagnosis and treatment of mental disorders.

Actually, the Active Therapy Building consists of two sections, namely, the Laboratory Wing and the Active Therapy Wing. The former will house the most modern laboratory equipment which could be purchased. As one enters this wing of the building, he is impressed with not only the practical aspects but also with the beauty as seen in the Italian marble walls. An auditorium for professional use is also present which is equipped for movies and can seat 98 persons. A badly needed museum for anatomical specimens has also been provided. The Library, which is well-ventilated and lighted will give the needed space for medical texts, reference books and periodicals. Electroencephalographs, electrocardiograms, and Basal Metabolic rates will be able to be taken without dis-

tractions which occur in our present locations. Another unique part of the laboratory wing is the Pent House which will provide space for research problems. Numerous offices and conference rooms will make this the training center for the hospital.

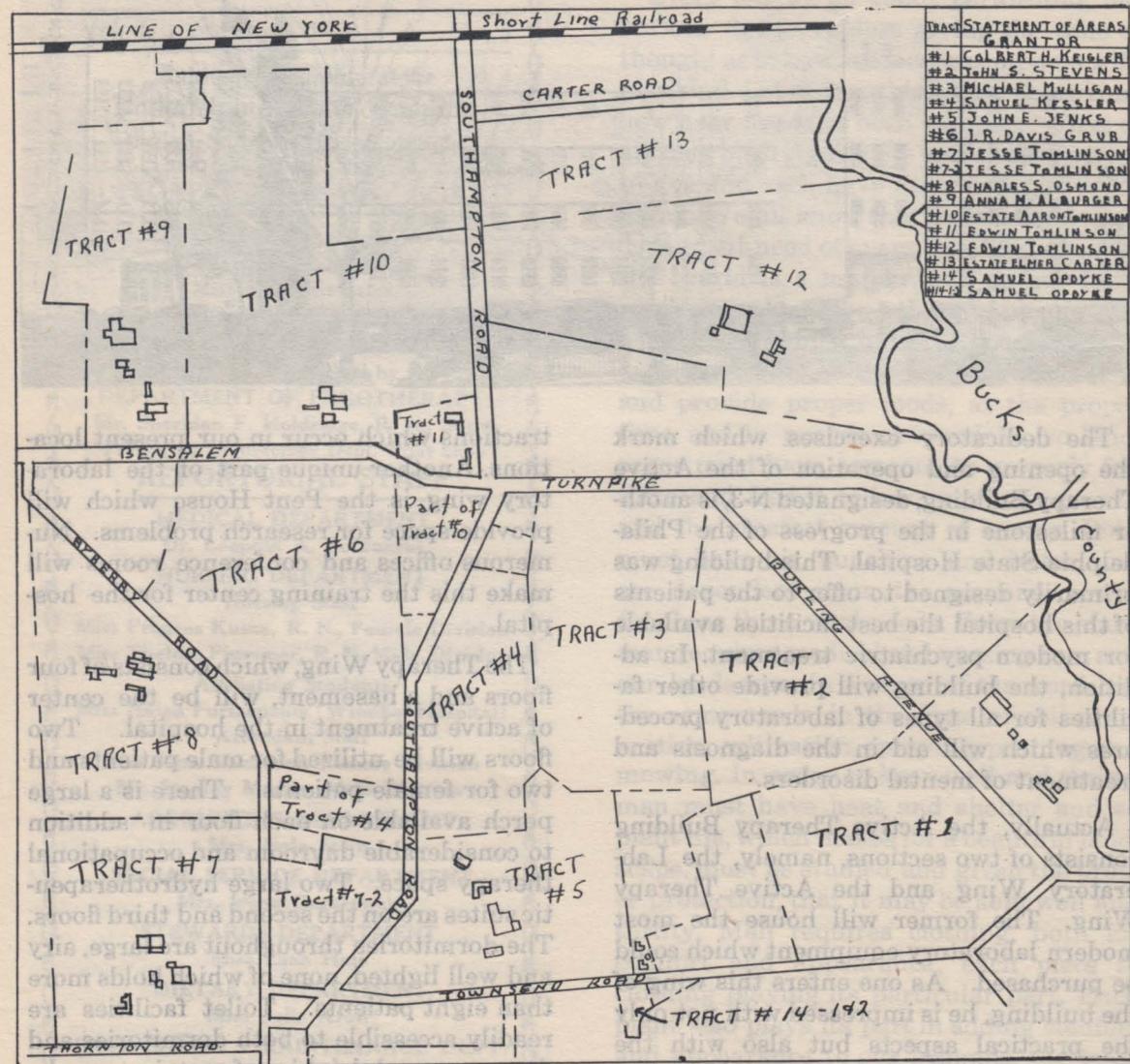
The Therapy Wing, which consists of four floors and a basement, will be the center of active treatment in the hospital. Two floors will be utilized for male patients and two for female patients. There is a large porch available on each floor in addition to considerable dayroom and occupational therapy space. Two large hydrotherapeutic suites are on the second and third floors. The dormitories throughout are large, airy and well lighted, none of which holds more than eight patients. Toilet facilities are readily accessible to both dormitories and dayrooms and drinking fountains can be found throughout the building.

The basement will be the future home of the Pharmacy and the Physical Therapy Department, and adequate storage and locker room space is available to patients who reside in the building.

It is planned to institute many types of treatment which heretofore had not been

(continued on page 6, column 1)

FROM 6 Byberry - 1906



From 6 to 6000. From 1906 to 1950. From 6 "Insane" people in 1906 to over 6000 mentally ill patients in 1950.

That is the Philadelphia State Hospital today. That was Byberry Farms in 1906.

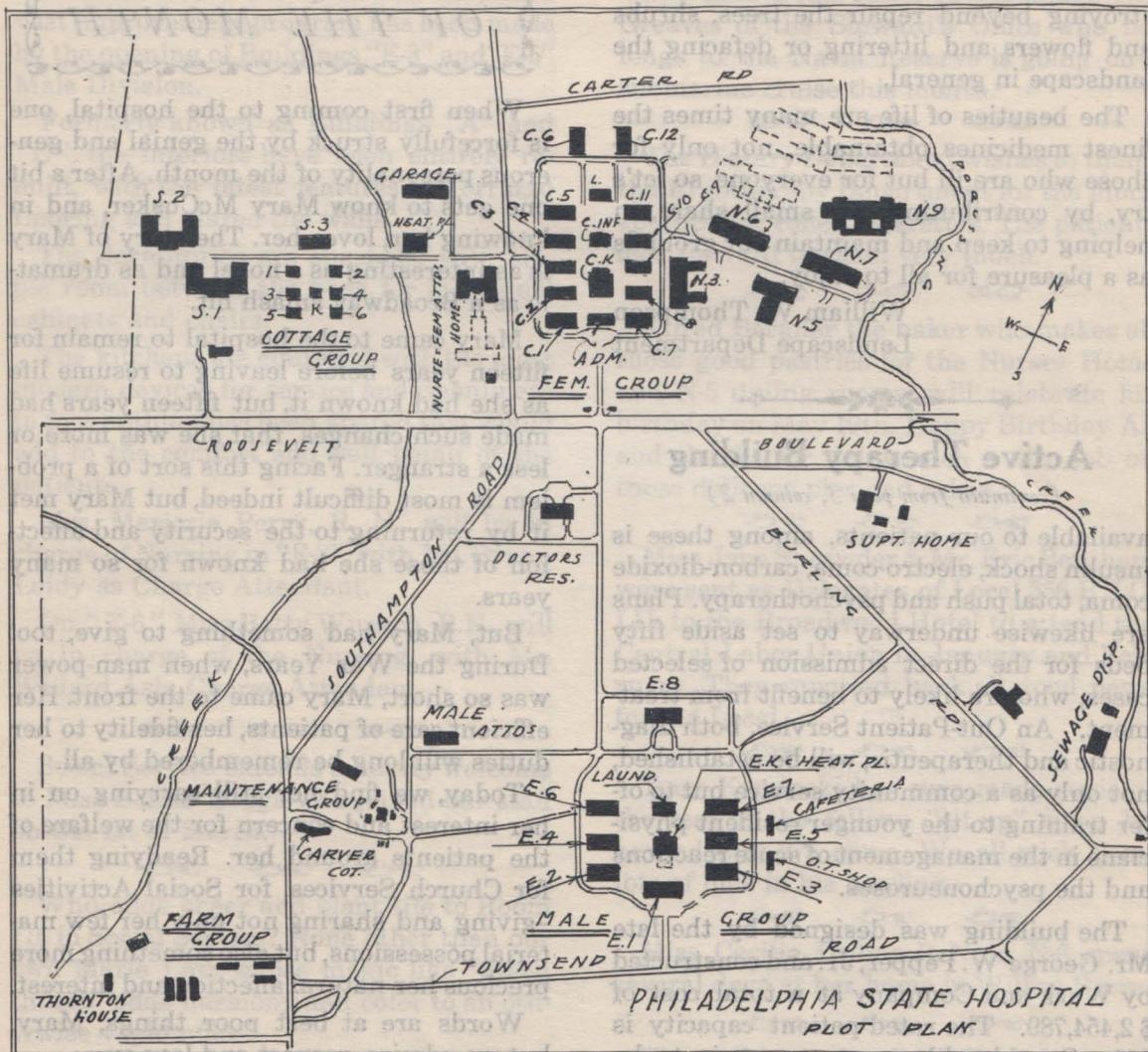
This is the story of Byberry.

Byberry -- a word that has meant different things at different times.

Byberry was the name given to their new homeland by the original settlers in this community when they came from England to make their homes in America. It was the name of the section they came from in England, and they had brought the name with them and gave it to their new homeland.

Little did they anticipate that in later years the name of their new homeland

TO 6000 Byberry - 1950



would come to be associated with another English word--Bedlam--an "Insane" asylum--a "crazy house."

Little did they know that their new homeland -- Byberry would one day be a modern mental hospital for the humane care and treatment of the mentally ill.

To the people of Philadelphia and nearby communities the name Byberry has, for many years, meant a place of confinement

for the "Insane" and "social outcasts."

It is only in comparatively recent years that this meaning has been changing. People are thinking more and more of the Philadelphia State Hospital as a place for anyone who is mentally ill to receive care and treatment and an opportunity to recover from their illness and return to their homes and families.

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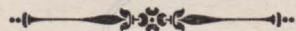
"Life Can Be Beautiful"

(continued from page 2, column 2)

stroying beyond repair the trees, shrubs and flowers and littering or defacing the landscape in general.

The beauties of life are many times the finest medicines obtainable, not only for those who are ill but for everyone, so let's try, by contributing our small share, in helping to keep and maintain our grounds as a pleasure for all to enjoy.

William W. Thompson
Landscape Department

**Active Therapy Building**

(continued from page 3, column 2)

available to our patients, among these is insulin shock, electro-coma, carbon-dioxide coma, total push and psychotherapy. Plans are likewise underway to set aside fifty beds for the direct admission of selected cases, who are likely to benefit from treatment. An Out-Patient Service, both diagnostic and therapeutic, will be established, not only as a community service but to offer training to the younger resident physicians in the management of acute reactions and the psychoneuroses.

The building was designed by the late Mr. George W. Pepper, Jr. and constructed by Wark and Company at a total cost of \$2,454,789. The rated patient capacity is 250. Considerable more money is to be expended for equipment and supplies which have been ordered.

This building offers a challenge to the Professional and Nursing Staffs of this hospital to give our patients the type and quality of treatment to which they are entitled and it is to this purpose that it is dedicated.



For details about our Cover Page, look for the next issue of The By-Line.

PERSONALITY OF THE MONTH

When first coming to the hospital, one is forcefully struck by the genial and generous personality of the month. After a bit one gets to know Mary McCusker, and in knowing her, loves her. The story of Mary is as interesting as a novel and as dramatic as a Broadway smash hit.

Mary came to the hospital to remain for fifteen years before leaving to resume life as she had known it, but fifteen years had made such changes, that she was more or less a stranger. Facing this sort of a problem is most difficult indeed, but Mary met it by returning to the security and affection of those she had known for so many years.

But, Mary had something to give, too! During the War Years, when man-power was so short, Mary came to the front. Her efficient care of patients, her fidelity to her duties will long be remembered by all.

Today, we find her still carrying on in her interest and concern for the welfare of the patients around her. Readyng them for Church Services, for Social Activities --giving and sharing not only her few material possessions, but also something more precious--her natural affection and interest.

Words are at best poor things, Mary, but we admire, respect and love you.

Hats off to "Personality of the Month"--
Mary McCusker.

Byberry--1906-1950

(continued from page 5, column 2)

As this is written, there are 6138 patients being cared for at P.S.H. The official rated capacity is 4039. This means therefore our hospital is still 52% overcrowded.

This story will be continued in the next issue of The By-Line.

News and Views of People You Know

Another forward step in the hospital's vast improvement program has been made by the opening of Buildings "E-3" and "E-6" Male Division.

Formerly known as Buildings "A" and "C", the interiors have been entirely rebuilt, with the latest features in Terrazzo flooring and glazed tile walls.

The dormitories are spacious, with ample room between the beds for individual cabinets and chairs.

The kitchens are equipped with the most modern devices for service and cleanliness in fact nothing has been spared that would add to the comfort and well being of the patients.

Mrs. Marjorie Perry, R. N., will be in charge of Nursing in "E-3", with Mr. Byron Leidy as Charge Attendant.

On "E-6" Miss Betty Wunsch, R.N., will be in charge of the Nursing, with Mr. Willard Ash, Charge Attendant.

Social Service extends a hearty welcome to Miss Bessie Boggs who joined our staff on the 1st of March.

Who adds cheer and plant life to Room 115 in Social Service? None other than our own Marie Latz whose magic like "green thumb" adds harmony and color to an otherwise vapid office.

Mrs. Finnegan's (Telephone Exchange) youngest son Bobby is now serving in the U. S. Army Air Corps. He is stationed at San Antonio, Texas. Lots of luck in your new career.

If anybody sees Rose Izzi (Female commissary) shoeless, it isn't because the song "Put Your Shoes On Lucy" was written for her, it's because her puppy dog got hungry and chewed them up.

We have a real sailor in our midst. Bill Greaves of the Steward's Office who belongs to the Naval Reserve is going on a submarine cruise this month.

The Dietary Department wishes to thank the Ergotherapy Department for the much appreciated rolled cigarettes. The patients look forward to them very much.

Alfred Bergner the baker who makes all those good pastries for the Nurses Home and N-5 dining rooms, will celebrate his birthday on May 19th. Happy Birthday Al, and thanks for doing such a nice job on those delicious pies and cakes.

Miss Jane Shrawder & Mr. Eric Bentham were sent as Delegates of Local 356 B.S.C. I.U. to the Broadwood Hotel to attend the Central Labor Union in January and February. They reported back all good news for the Local.

Tony Kaminski has sure made some of the rest of the fellows "sit up" when he bowled that 275 game. We all wish Tony lots of luck in his bowling.

Miss Cecilia Dzibua R. N. in N-6 spent several days at her home in Wilkes-Barre.

Were all invited to Ruth Ree's house to see her new TV set. Start making those sandwiches Ruth.

The birthday of one of the oldest employees in the institution was celebrated with Washington's Birthday. Congratulations to William "Pop" Holmes of the Male Kitchen, and may he see many more.

Congratulations to Grandma and Grandpa Shaffer on the arrival of their grandson.

Chaplains Notes

Affiliate Nurse Program

THE WORKS OF GOD

On one occasion when Jesus and his disciples came upon a blind man the disciples asked him who had sinned, the man or his parents, to cause him to be blind. Jesus' reply startled them: "Neither hath this man sinned, nor his parents, but the works of God should be made manifest in him." And then he proceeded to show what the works of God were in this situation by healing the blind man. He did what could be done constructively to help where help was needed. Is not this how the works of God are best made manifest in any situation—not in blaming and condemning, but in doing what needs to be done to make things better?

How then can the works of God be made manifest in the field of mental illness? Is it not by doing what can be done to bring healing to those who are sick, and by taking active steps towards prevention wherever possible? The attitude toward mental illness was one of hopelessness, paralyzing pessimism and indifference. But now that positive efforts are being made to deal with this problem constructively there are many encouraging results. This is only a beginning. Mental illness can be cured and it can be prevented.

Here at Byberry it is encouraging to see the progress being made. It is especially gratifying to see, the opening of the Active Therapy Building, N-3, where we can make a more adequate and aggressive approach to the problems of treatment and research in our hospital. It is one more step on the road to making Byberry a byword for the best in the care and treatment of the mentally ill. It is up to us to use these new resources the better to make the works of healing manifest in this hospital.

That is to do the will and works of God.

R. J. Divine

RED CROSS DRIVE

Result of Red Cross drive at P. S. H. this year was nearly five times the amount raised last year.

Psychiatric Nursing is recognized very definitely as a part of a nurses basic program. With clinical facilities properly organized and standards of medical and nursing care high, the State Hospital represents an excellent clinical teaching field. Eleven general hospital nursing schools affiliate with us, sending their students to us for a thirteen week period.

During this time they receive both theoretical teaching in the basic principles of psychiatry and psychiatric nursing as well as clinical experience. This is an introductory course and if the nurse wishes to specialize in this phase of nursing she should have more experience as a graduate nurse. Many affiliates return to us as graduates. This helps insure our patients of better nursing care.

We started this program in October of 1945. The following hospital schools affiliate:- Abington, Chester, Easton, Fairmont, Frankford, Germantown, Lancaster, Lankenau, Miners, Windber, Jewish. At the present time we have 54 students enrolled. From the time of inception of the program 644 students have had this course and have gone back to their home schools better prepared to understand and treat their patients as total personalities and at the same time help us carry the torch for the needs in this most important field-Mental Health.

Helen M. Edgar, R. N.
Director of Nursing

The group picture on the opposite page, is a representative class of recent student affiliates.

Patients Activities

It is almost impossible to eavesdrop at practice, but from the bit overheard, the Spring Concert under the leadership of Miss Stapleton sounds quite promising.

DATE Thursday, May 11, 1950

TIME 7:00 P. M.

PLACE Day Room Bldg. 3



